

Stress Symptoms

The following stress danger signals focus on the medical and physical symptoms common to tension stress. Your physician can best determine your medical condition, but these guidelines will provide you with a general indication of your stress level. Check those signals that you have noticed:

- General irritability, hyperexcitability, depression
- Pounding of the heart
- Dryness of mouth and throat
- Impulsive behavior, emotional instability
- Overpowering urge to cry or run
- Inability to concentrate, flight of thoughts
- Feelings of unreality, weakness, dizziness, fatigue
- Floating anxiety, being afraid and not knowing why
- Emotional tension and alertness
- Trembling, nervous tics, easily startled
- High-pitched, nervous laughter
- Stuttering, other speech difficulties
- Bruxism, or grinding of the teeth
- Insomnia
- Hyperactivity, increased tendency to move about
- Excessive sweating
- Frequent need to urinate
- Diarrhea, indigestion, queasiness, vomiting
- Migraine headaches
- Pain in neck or lower back
- Loss of appetite or excessive appetite
- Increased use of prescribed drugs
- Alcohol or drug abuse
- Nightmares
- Accident proneness

The more signs that are present, the stronger the likelihood that there is a serious problem. See your physician if you are concerned about these symptoms.